HOME GYMNASIUM FOR WOMEN FILM AND SCREEN PLAYERS TO BE SEEN NEXT WEEK

To Preserve Health, Strength and Figure

A New Series of Illustrated Lessons, Showing How Every Woman May Have an Inexpensively Equipped Gymnasium in Her Own Home, and Teaching Games and Exercises Which Promote **Excellent Physical Condition.**

NO. II-EXERCISES WITH A BATH BRUSH.

By Pauline Furiong.

The Evening World's Authority on All Questions of Woman's Physical

The beautiful body is the healthy one, and to keep it so the skin. lungs. dneys and bowels must be kept active. Exercise, deep breathing, proper is and water, pleuty of water, incide and outside, are essential. It your is sallow and your cheeks and lips are pale, try making a bath of some

and a daily habit, and watch the improvement in your appearance. There are many varieties of baths, and all are beneficial. It is the sperature that makes or mars the good effects of them, and it is the duty of each individual to find out which is the most desirable and brings the greatest improvement in health and appearance.

If your vitality is sufficient to cause the necessary reaction, the cold bath is the most highly recommended on ount of its stimulating effects. On the other hand, if you feel chilled and have to resort to exercise after it, you are not sufficiently robust to stand shock. When taking the cold both the blood vensus near the surof the skin close up and send the lowering the temperature at the sured to the internal organs, thus face and rulsing it beneath.

Samples Free by Mail

FOR WOMEN

favorites with

The Pink of Health

is every woman's right;

but many are troubled with sallow complexions, headaches, backaches, low spirits—until they learn that sure relief may be found in

REECHAM'S

Readers of Miss Furtong's artites are invited to write to her, in care of The Evening World, requesting information that will aid them in following her illustrated

COLD BATHS INADVISABLE

WHEN YOU ARE FATIGUED. If your system is well toned and er constitution vigorous, healthy reaction will set in and your whole body will feel all aglow, as the blood flows rapidly back to the dilated superficial blood vessels. The cold bath is not advised at a time when you feel fatigued.

It is necessary to find out for yourself, by actual experience, which bath is best for you, and when you have found out take it every day. The warm or tepid bath is recommended for those who cannot stand the shock of the cold one, as it is soothing and acts as a sedative to the nerves.

The warm bath with soap and brush should be taken at least three times a week by those who indulge in the cold one, and this may be followed

W. L. DOUGLAS 3, *3.50, *4, *4.50 & *5 Shoes

BATH BRUSH EXERCISES.

blood.
The brush is equally beneficial if used perfectly dry as a massage, but great care must be taken not to in-jure the delicate surface of the skin with one whose bristles are stiff and

Rub hard with your bath brush to get the best results, and if soap is used wash out all traces of it before daring the skin. Next week I will show you some interesting games to be played in the home gymnasium. These will relieve the monotony of the usual daily exer-

cises and give the same results. JUDGE'S SON PAROLED.

Daniel A. Dugan Jr. Was Serving Term for Homicide.

TRENTON, N. J., Sept. 11.—The parole has been granted to Daniel A Dugan ir. of Orange. Dugan is a sor For Diabetes, Bright's Disease

pr Diabetes, Bright's Disease

of Judge Daniel A. Dugan of the Orange
District Court.

Young Dugan was serving a sentence
of from five to ten years for manslaughter. While driving an automobile
in Practice or John Leffler a Co.

181 Prankilla St., N. Y. City. ROBINSON'S SPRING WATER

Millions Thankfully Praise **Carter's Little Liver Pills**



Constipation ick Headache l'orpid Liver ndigestion Dizziness oss of Appetite A vigorous stomach, perfect working liver and regular acting bowels belong to all who are wise enough to use Carter's Little Liver Pills. Purely vegetable.

Imitations are numerous—look out for them. Insist on Carter's Little Liver Pills if you want good health, a clear complexion and freedom from dizziness, biliousness, headache and indigestion.

Small Pill, Small Dose, Small Price GENUINE must bear signature





THE NEW PLAYS ®

"Our Children" a Human Play Humanly Acted.

with soap and water, affords a stimulating massage. The daily use of the bath brush cannot be too highly recommended, as it opens and cleanses the pores of the skin and stimulates the circulation of the blood.

The daily use of Engel's fortune through the exto take even a hat with her—and, of course, comes back to cheer him when he is down on his luck.

Much of the play is rather hazy. It is not surprising that the useless

transferring the scene to this coun-try. The story of the rise of a shoe-harrying the foreman of his factory In to-day's picture I am showing owner is convincing enough, just as it sibility. She leaves the house with the use of the bath brush and a is quite possible to believe in the loss the man of her choice—not stopping vigorous rub with one, either dry or

PRODUCED BY THE UNIVERSAL FILM MANUFACTURING COMPANY SHOWN IN THE LEADING MOVING

PICTURE THEATRES IN GREATER N.W. SYNOI'SIS OF PRECEDING CHAPTERS.

Kitty Gray, a newspaper woman, goes to Gred
hofton a amail kinddom in Southers Euro
to find its lost treasure, the hidding piece of whis
half revealed by a horsen coin in her pease
ston. Two others also are seeking for the treasure—Count Frederick, prelentier to the three
and Count Sacaiso of Granoffen. Count Frederick
takes Kitty's half coin room hes by force. To
other half King Michael presents to her a
snowing its expudience. This half is stolen for
Sachto, then by Frederick that a series of belief
adventures. Kitty received a series of belief
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Kitty to Graboffon, where King Coroniavathe other half coin, given king Coroniavathe other half coin, given king Coroniavathe other half coin, given to like the first lowing her to a hold the explaint Gratish of
Kitty to Graboffon, where King Coroniavathe other half coin, given to like the first lowing her to a hold there. See the series of
as a numbered man is found in for serious of
the other lawing goine to Coroniavawhere she finds the broken coin unit Frederics
where she finds the broken coin mill produce
where she finds the broken coin the first corereiva. The police determine to Interview Frederick
regarding the mursher is Kitty's room.

(Cocordabit 1915 by Wright A Patterson) SYNOPSIS OF PRECEDING CHAPTERS.

(Coppetght, 1915, by Wright A. Patterson,)

CHAPTER XXXV. the palace which seemed to him most useful as a coign of vantage in watching against intrusion. He had not been aware of the quiet in and found the room empty. He advance of Count Frederick when the latter had been summoned by the electric bell set off by Kitty's pres-

As for the attendants of the palace at the feet of the staircase with the truth, they all were in the front part of the building, grouped near the continued.

troops, had heard the challenge of the officers of the law. That challenge came closer to them. A little group of men marching hurriedly, men in uniform, now ascended the great stairs. A loud rapping came at the doors of Count Frederick's palace. "Open, in the name of the King!" came the summons.

The servants, terrified, lacking the command of their master, not know-

command of their master, not knowing where that master was, knew no alternative but to obey. The door was opened. The captain of gendarmes

remained in her rooms. Kitty aring goine to Count Frederick's. Each the broken coin, only to be disting the musicressfully pleads for its police determine to interfew Freding the musicr is Kitty's room.

CHAPTER XXXV.

CLEAU, guardian of the fortunes of his mistress, had remained at that portion of the palace which seemed to the palace which seemed to the country of the palace which seemed to the country of the palace which seemed to the country of the captain of gendarmes and his squad entered. "The master of this place," he demanded of the men who met him. "Where is he? Is he at home?" "We do not know," stammered the major domo, the first to speak. Roleau caught some sense of what was coming on, saw the men approaching, and darted back to warn his mistress, whose long delay be could not understand. He hurried swiftly, on the palace which seemed to

electric bell set off by Kitty's presence in his own apartments. He knew nothing of the device by which the Count had managed to trap the intruder; knew nothing of the cause of the long silence on the part of Kitty, loud and clear: "Roleau! Roleau! A moi! Vite! Vite!"

He hastened on down the hall, knowing that his mistress was once more in some desperate plight, and so apartments.



lena Kanka, will be made on Mon-day night at the Comedy Theatre. One of the scenes takes place in a juvenile court. The company in-cludes Ernest Truex, Milton Sills, Mattle Ferguson, Mary Elizabeth Forbes and Gladys Wynne. the daughter, but altogether too vio-lent in breaking home ties. Her act-ing here should be toned down to offer a contrast to Mr. Corrigan's stormy outburst. Alphonz Ethier ap-peared to good advantage as the shy, awkward workman, and he was bet-ter still when he took a determined stand against the father. Arthur Lewis gave the banker a well-bred air, but as this gentleman's daughter, Alma Tell, while exceedingly pretty

Cyril Maude begins a four weeks' engagement at the Empire Theatre on Monday evening in "Grumpy," the piay in which he won his greatest success at Wallack's Theatre. Mr. Maude's supporting company will in-clude Elsie Mackay, Herbert Mar-shall, John Harwood, Alexander Cal-

the daughter, but altogether too vio-

ders," at the Manhat-

Thriller, "Stolen Or- the American stage by Edward A Paulton and Adolf Philipp. The ac tion takes place partly at the country home of Baron d'Heurville and partly at the summer residence of Lulu La T is said that Billy Sunday, the evangelist, is to be recognized in "Hit-the-Trail Holliday," a farce by George M. Cohan, that comes to seek evidence for divorce. In the cast will be Georgia Caine, May De the Astor Theatre on Monday night.

The play was made from an idea suggested by George Middleton and Guy Bolton. The title role will be played by Fred Nihle, who recently returned.

by Fred Niblo, who recently returned from a three years' engagement in Australia. Other members of the cast are Katherine La Salle, Lorena Atwood, Laura Bennett, Grant Stuart, Joseph Allen, P. B. Pratt, John D. O'Hara, Edgar Halstead, Frederick Maynard, Horace James, C. R. McKenney, Harold Grau, Ernest Lynd and Al Gilmors.

"Stolen Orders," an English melodrama from the Drury Lane Theatre, will be produced at the Manhattan Opera House on Monday night. The didents include a jewel robbery, a gambling house scens, the theft of sealed orders from the British Adericane closer to them. A little group of men marching hurriedly, men in uniform, now ascended the great stairs. A loud rapping came at the doors of Count Frederick's palace. Ones, in the name of the King!" by Fred Niblo, who recently returned "Ned Wayburn's Town Topics," de-

AMUSEMENTS.

HIT THE

TROLLTDAY"

ASTOR THEATRE

ter. If is a great mistake to think that soap is injurious to the skin, as while cheap, hards ones a play as "Our Children," which made a direct appeal to the skin as while cheap, hards ones a play as "Our Children," which made a direct appeal to the skin as while cheap, hards ones a play as "Our Children," which made a direct appeal to the skin as while cheap, hards ones a play as "Our Children," which made a direct appeal to the skin as while cheap, hards ones a play as "Our Children," which made a direct appeal to the skin as play as "Our Children," which made a direct appeal to the skin as play as "Our Children," which made a direct appeal to the skin as play as "Our Children," which made a direct appeal to the skin as play as "Our Children," which made a direct appeal to the skin as play as "Our Children," which made a direct appeal to the skin as play as "Our Children," which made a direct appeal to the skin as play as "Our Children," which made a direct appeal to the skin as play as "Our Children," which made a direct appeal to the skin as play as "Our Children," which made a direct appeal to the skin as play as "Our Children," which made a direct appeal to the skin as play as "Our Children," which made a direct appeal to the skin as play as "Our Children," which made a direct appeal to the skin as play as "Our Children," which made a direct appeal to the skin as play as "Our Children," which made a direct appeal to the skin as play as "Our Children," it is a sking sequence. The skin as play as "Our Children," it is a sking sequence. The skin as play as "Our Children," the skin as







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mame and address and within 20 minutes our automobile will call and bring you to Dancing Carmival free of charge.

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